

LAST CHANCE! Registration closes today!

Join us for our first **Level Up Pop-Up: Outdoor Drive-in Movie Experience on Fri., Sept. 24**. This event is open to Prince George's County Government employees and their guests. Registration is required to attend (no walk-in or drive-up guests will be permitted), and space is limited to the first 500 employees who register. Employees who sign up will receive instructions and further details via email on Thur., Sept. 23. [More info...](#)



Coffee & Chat

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management

PRINCE GEORGES *Proud*

[Register](#) for the October **Coffee & Chat** webinar and join us on **Wednesday, Oct. 6 at 9 a.m.**

- You don't want to miss this month's Coffee & Concert!
- We'll give you a sneak peak of our fall activities.
- Plus, we'll give away some random wellness prizes!

SELF CARE
September

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Don't Miss Your Opportunity for Self-Care

We hope you're putting yourself first in a month-long journey of self-care during [Self-Care September!](#)

Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 3:

- **Self-Care Book:** Fiona Thampi ~ Soil Conservation
- **\$50 Panera Gift Card:** Lashawn Lewis ~ Health Department
- **Sherpa Blanket:** Sara Brensinger ~ Office of Management & Budget
- **Electronic Diffuser:** Terry Bell ~ Office of County Executive

Each week, Level Up will raffle off the following:

- **Self-Care Book (a new book each week!)**
- **\$50 Panera Bread Gift Card**
- **Sherpa Blankets**
- **Electronic Diffuser**

To be entered into the random drawing each week, **you must register and attend at least one (1) class scheduled for that week.** Prize winners



will be announced during the weekly Wellness Wednesday articles. **Giveaways will be distributed at the end of the month.**

Self-Care Strategies

Mental and Emotional Coping

- **Take a break from worries.** You may find that these events dominate your thoughts, making it difficult to focus on anything else. You may feel that you aren't doing or caring enough. Give yourself permission to emotionally separate to help you destress. Close your eyes and take a few breaths. Name three things you can see, touch, and hear in the moment.
- **Focus on what you can control.** Create routines to help give you structure in what may feel like chaos. Schedule blocks of time to focus on one task, then move to the next. Concentrate on concrete, achievable tasks.
- **Recognize the difficulties of the current situation and know that you may not be functioning at your best right now.** Lower expectations of what you "should be doing." Be gentle with yourself. Your personal best will vary according to your mental, emotional, and physical health at each moment.
- **Reflect on challenges you've encountered in your life and how you overcame them.** Self-statements such as "I can handle this" and "I've gotten through so much already" can help you continue to tap into your natural resilience.
- **Reach out to people** you can trust with your feelings and fears. Learn more about the mental and emotional benefits of counseling. Add a licensed therapist to your support team.
- **Connect with friends and family** or do something that is uplifting to you. Engage in activities that allow you to unwind and emotionally recharge.
- **Be kind to yourself.** Recognize what you've done to support others and yourself. Treat yourself like you would a friend or family member in challenging times.

Physical Coping

- **Getting enough sleep to feel rested** is a key ingredient of managing stress and anxiety. It impacts both mood and energy level. Establish a routine that helps you to wind down and get adequate sleep.
- **Physical activity** is a good way to reduce feelings of tension. Practice something you enjoy outdoors or find workout videos online. Talk with your doctor before starting any exercise routine.
- **Eat well-balanced meals** at regular times of the day. Prep healthy meals ahead of time for lunch. When making healthy meals at home, make extra to put in the freezer and stock up on healthy snacks for when you are pressed for time.
- **Do something calming and relaxing** whenever you can. Deep breathing, meditation and progressive relaxation can help you destress. Take a warm bath or get outdoors in nature. Doing simple, repetitive tasks like folding laundry, washing dishes, or sweeping the floor can also help release tension.
- **Avoid alcohol and drugs** as a means to cope. These are temporary fixes that can make it harder to manage the stress.

Be sure to check out these free weekly webinars, [Navigating the Next Normal](#) sponsored by Kaiser Permanente. Attendees will learn how to build resilience, adopt healthy habits and prevent burnout. This is open to all employees. Runs through Thursday, Oct. 7.

Additional Resources

- [Centers for Disease Control & Prevention](#)
- [INOVA Employee Assistance Program](#) (**username:** prince; **password:** george)

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